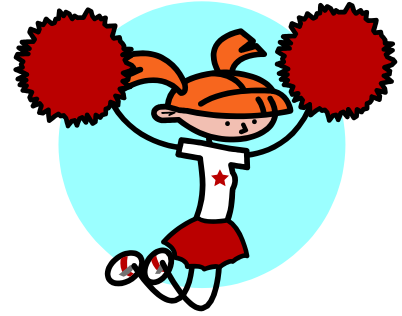
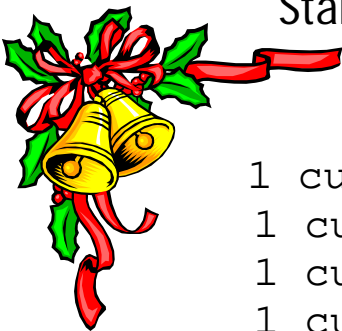




## Exercise is Excellent!



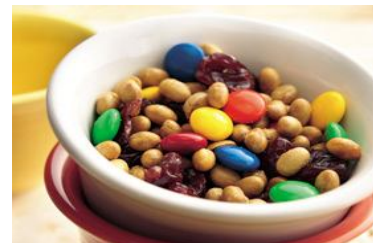
- Getting exercise is one of the best things that you can do for your body.
- Exercise helps us keep a healthy weight, especially during the holiday season.
- Exercise strengthens our muscles, including our heart.
- Stretching exercises make us more flexible.
- Being fit makes you feel good.
- Adults need at least 30 minutes of physical activity most days to stay healthy and children and teenagers need 60 minutes most days.
- Jumping rope, soccer, dancing, walking your dog, swimming & bicycling are great ways to get your exercise.
- Above all, exercise should be FUN!



Start a new Christmas tradition by serving this

### Healthy Holiday Trail Mix.

- 1 cup Soy nuts or peanuts
- 1 cup Wheat Chex cereal
- 1 cup Honey Nut cheerios
- 1 cup raisins
- ½ cup M &M's



Mix all ingredients together in large bowl.